

## **Antiracism, Implicit Bias and Racial Trauma: 3 part series proposal**

bio:

Dr. Nathalie Edmond is a licensed clinical psychologist and experienced yoga teacher. She has been in the therapy world for twenty years. She has been a clinician and/or administrator in a variety of clinical settings such as PHP/IOP, college counseling, and community mental health. She started her own private practice in 2015 and it grew to a group practice in 2019 called Mindful and Multicultural Counseling. Dr. Edmond specializes in the treatment of trauma from a mind-body-spirit approach. She is intensely trained in DBT and trained in EMDR as well as sensorimotor psychotherapy. She teaches a doctoral class on multiculturalism and feminism. She does DEIJ (diversity, equity, inclusion, and justice) consultation with a wide variety of organizations.

3 part series will explore the legacy of white body supremacy and developing an anti-racism lens in clinical/work and personal life. Will explore concepts such as white privilege, implicit bias and more subtle forms of racism. This anti-racism model will take a mindfulness based approach to invite in curiosity and an embodied experience. It is an interactive workshop series that uses multimedia format to encourage processing in different ways.

### **1st workshop**

Becoming an anti-racist person: understanding legacy of white supremacy

- Creating a brave container. Orientation to mindfulness and including somatic words in dialogue as trauma lives in our body. Developing somatic resources to regulate emotions related to racial discussions.
- Grounding the work in historical context
- Participants will be able to identify overt and implicit forms of racism.
- Participants will be able to name three ways white body supremacy culture shows up in daily life
- Will explore how those of marginalized identities can feel othered
- Begin to discuss importance of power analysis in cultural humility as well as in intersectional lens.

### **2nd workshop**

Becoming an anti-racist: understanding racial trauma, implicit bias, and microaggressions

- Participants will be able to describe different types of racial trauma and associated symptoms. Explore how antiblackness plays a role in this.
- Participants will be able to define microaggressions and its relationship to implicit bias.

### **3rd workshop**

Becoming an anti-racist: holding space for rage and creating more inclusive spaces

- Participants will identify different types of rage, grief and stress related to racial trauma.

- Explore model minority stressors.
- Participants will identify five strategies for taking an anti-racist stance to create more inclusive spaces.
- Working through challenges of talking to others who have a different opinion
- Exploring common dynamics that occur in predominantly white spaces
- Supporting BIPOC colleagues and peers
- Role of white person and role of BIPOC person in these dialogues

Ideal training format:

- Each session starts with brief mindfulness exercise.
- Done via zoom which allows for breakout rooms
- 3 part series. Each session is 2 hours. It is every 2-4 weeks to give participants time to do pre-work and digest material. Possibility for longer or shorter session depending on number of participants involved.
- Pre-work is sent out a week before each session that give background information for the topic being covered. Some material covered:
  - Cultural genogram (for therapists)
  - Article by Peggy McIntosh on unpacking the invisible knapsack
  - Various blogs, questionnaires and videos from drnatedmond.com
  - Microaggressions article by Gerald Wing Sue
  - Multiculturalism and psychotherapy article by Kenneth Hardy
  - Harvard implicit bias test
  - Article on being a better ally and doing power analysis in conversations

Cost: \$350-\$400 per hour which includes 30 minute orientation/consultation call

Includes pre-recorded webinars (3 hours of content!)

Additional consultation is \$250 per hour

Submitted by Nathalie Edmond, PsyD, RYT-500. Learn more about me at [drnatedmond.com](http://drnatedmond.com)

